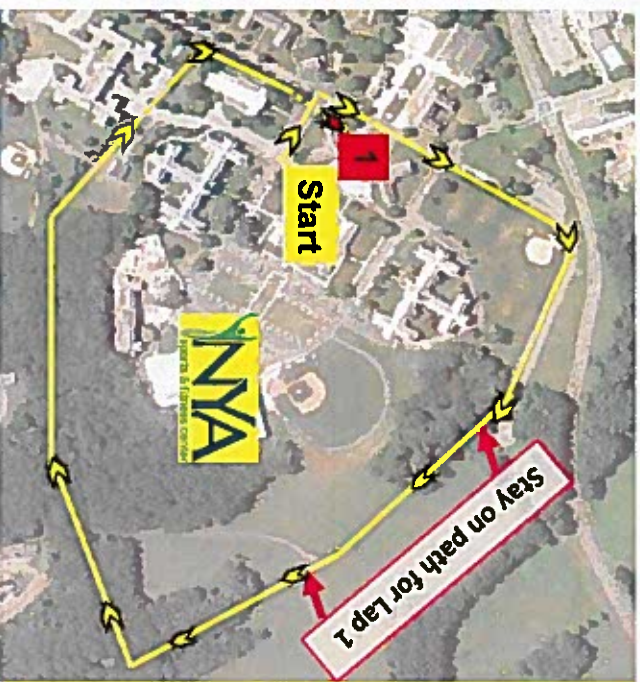


ADVANCED COURSE




Lap 1
"The Sprint!"
START
 Run full lap
 (no obstacles)
 to Tunnel Crawl
 (obstacle #1)
 which begins Lap 2



Lap 2
"Time to Get Dirty!"
Complete...
 1. Tunnel Crawl
 2. Hay Barriers
 3. Balance Beam w/ Water Cannon
 4. Tire Obstacles
 5. Barrier Climb
 6. Trainer Challenge
 7. Mud Pit
 8. Rock Hill Carry
 9. Ladder Excursion Run to Tunnel Crawl to begin final lap 3

THE SPORTS MEDICINE CENTER AT
DANBURY
ORTHOPEDICS
 Exceptional Care. Real Results.



pepsi.

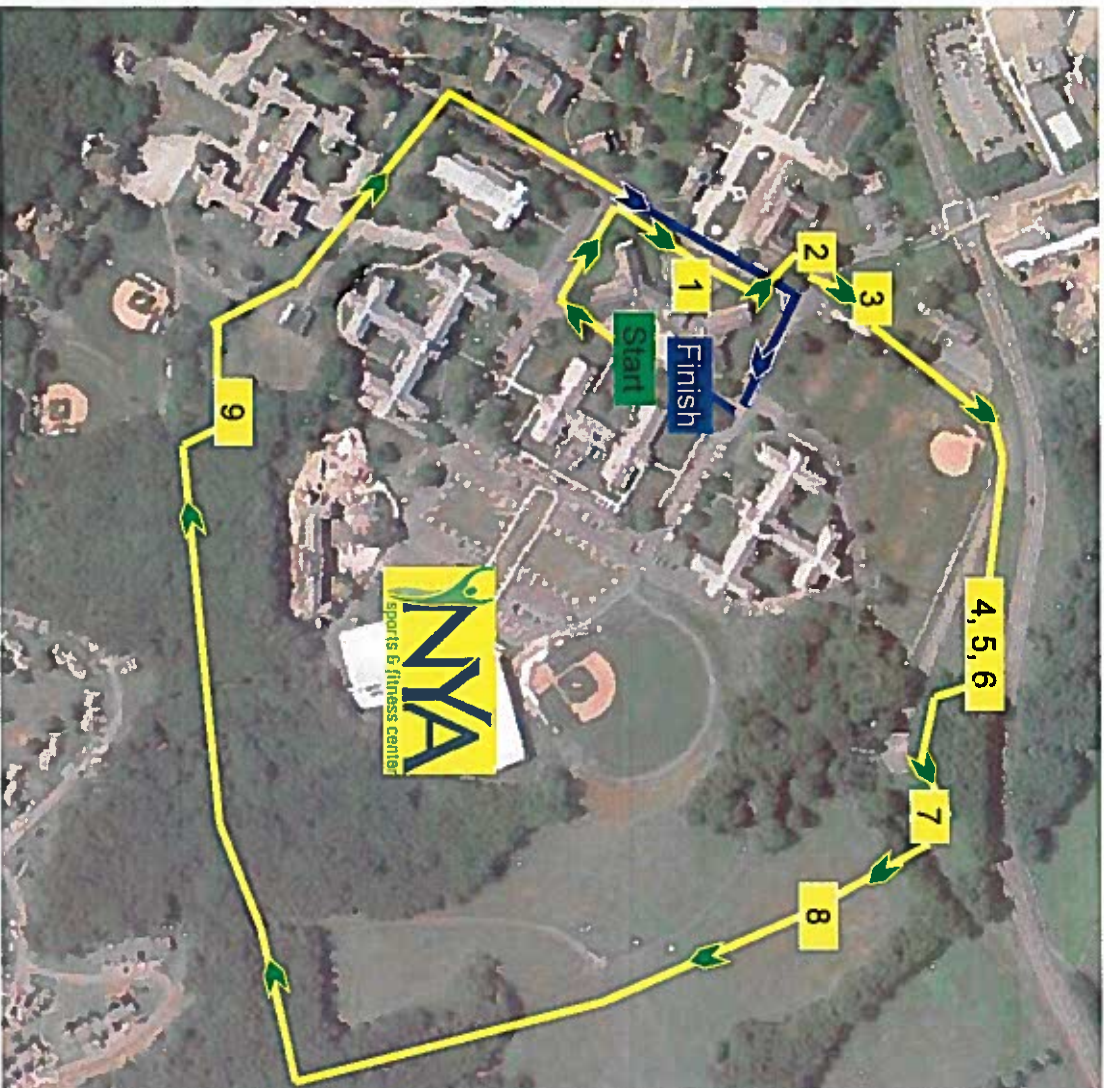


2015 MAD DASH NEWTOWN
ADVANCED COURSE=4.3 miles
 (Includes 3 Course Laps)
 Ages 14+ and Superheroes



Lap 3
"The Final Round!"
Complete...
 All obstacles (1-9) once again and run to FINISH!

BEGINNER/FAMILY COURSE



BEGINNER/

FAMILY COURSE=1.7 miles

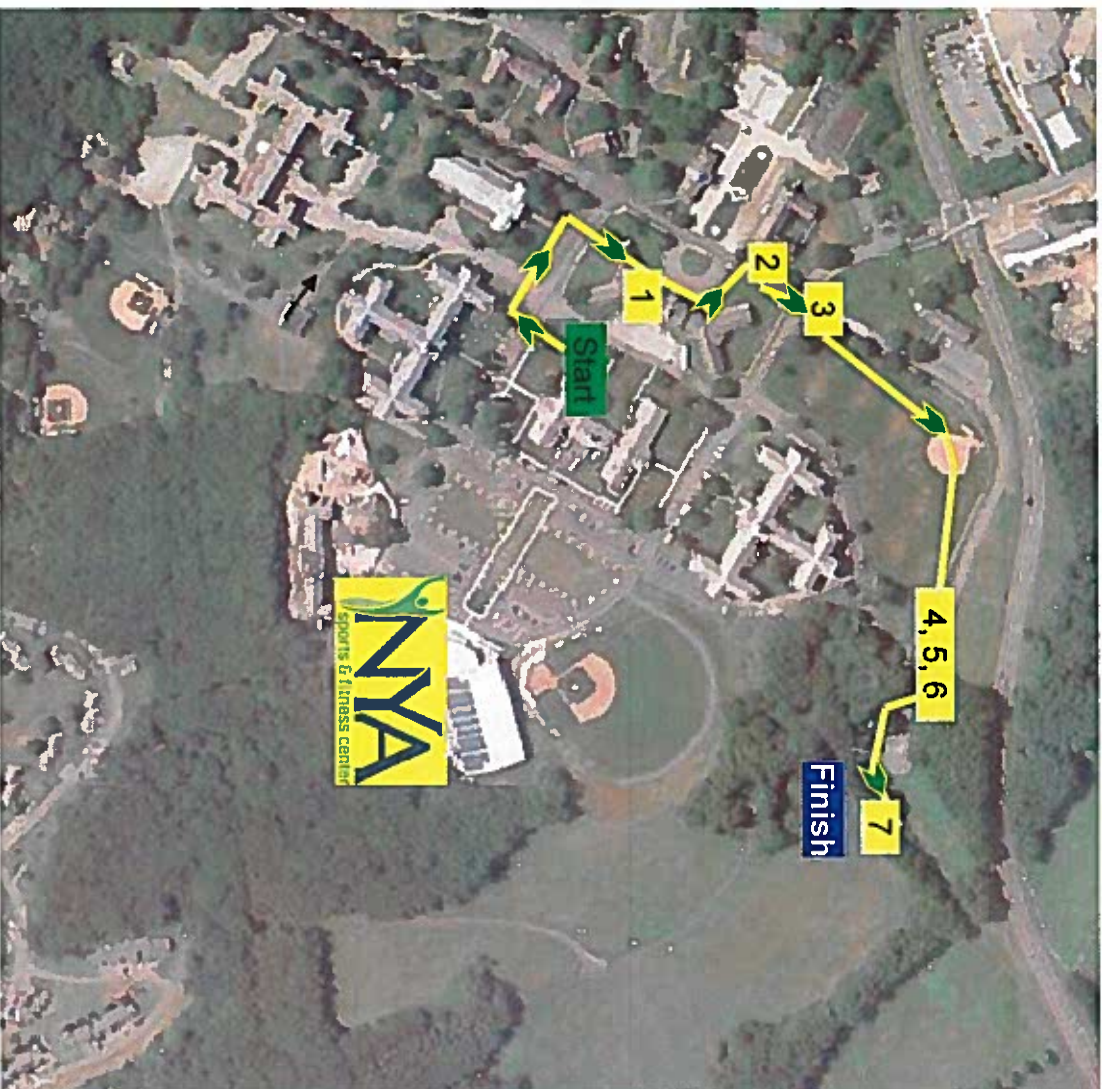
(Includes 1 Course Lap)

Ages 8-14 (with parent) and above



- START**
Run to
1. Tunnel Crawl
 2. Hay Barriers
 3. Balance Beam w/Water Cannon
 4. Tire Obstacles
 5. Barrier Climb
 6. Trainer Challenge
 7. Mud Pit
 8. Rock Hill Carry
 9. Ladder Excursion
- Run to Finish

MINI DASH ADVENTURE



MINI DASH ADVENTURE

Ages 5-8



- START**
Run to
1. Tunnel Crawl
 2. Hay Barriers
 3. Balance Beam w/Water Cannon
 4. Tire Obstacles
 5. Barrier Crawl Under
 6. Trainer Challenge
 7. Mud Pit
- Finished!**